

Frank Zobelein:

I have had annual General Check-ups by my Family Doctor. Generally I was told, "You are in good health". The Digital or Finger Test was done routinely at all check-ups that found smooth lobes every time.

I had never asked for any PSA readings up to about the spring of 2004. I had an Ultrasound at that time and was told my prostate was enlarged but not excessively, also the Ultrasound showed that about 25% of liquids remained in the bladder.

Getting up once at night was not really a worry. My Doctor told me a Biopsy would be good to have, since I was at this age and early detection is the key. I decided not to do the biopsy at that time.

My next Annual checkup in March 2005 showed different findings that needed follow-up. The finger test showed 1 lobe uneven and I was recommended to have another opinion by a urologist that was arranged for May 24<sup>th</sup>, 2005.

The PSA findings at that time went from about 3.7 in 2004 to 4.2, ALARM BELLS went off. The Urologist also found the 1 Lobe to be uneven. An Ultrasound was done again that showed no change in size. A Biopsy test was warranted and done June the 27<sup>th</sup>, 2005. On June the 29<sup>th</sup>, 2005 I was told of the 8 samples taken included 2 samples with cancer positive and was rated at stage T2 or less. The Pathologist rated the kind of cancer a Gleason 6 and that is in the slower growth category.

The Urologist advised me of my options of treatments.

1. Watchful waiting.
2. Six sessions of radiation.
3. A Radical Prostatectomy.

I was recommended to have a C-T scan, to make sure that no cancer had spread as a cautionary measure. That was done on July 15<sup>th</sup>, 2005, the out come being Negative. On July 18<sup>th</sup>, 2005, another appointment was made with the same Urologist to discuss the recommended or other possible treatments.

Armed with the generally accepted treatment information and also with a much newer procedure which is called HIFU (High Intensity Focused Ultrasound) which originally was initiated and performed in France and Germany over the last decade, and relatively new in North America.

This HIFU treatment was brought to my wife and I by a friend who happened to hear about it on the radio and we did our research for a couple of weeks. We called the HIFU Clinic in Ragensburg Germany, also called the HIFU representatives in Vancouver B.C. and found out that there is a HIFU Clinic in Toronto that started treatments in the Spring of 2005.

We spoke to several doctors that had the experience with HIFU and also some patients who had the treatment done in Toronto.

We were pleased with the information and I felt comfortable to go ahead with it. From that point on contact was made with the HIFU practitioners, then with my medical information given in meetings in the Don Mills HIFU Clinic with the following question and answers concerns in all aspects; time required in the Hospital – Clinic treatment details.

I decided with my wife and family that since I was the perfect candidate I should get it done.

The HIFU treatment calls for a TURP, which would be done 3 to 4 weeks prior to the HIFU procedure. The TURP is a removal of about 30 to 40% of the inside cell's of the prostate. This reduction in volume from my 46cc Prostate size makes the process of HIFU workable and in a shorter period of time for the treatment.

The TURP was done on Sept. 16<sup>th</sup>, 2005 at Scarborough General and I stayed over till Sept.18<sup>th</sup>. The Catheter was removed in the morning and I left with no discomfort and drove home with my wife.

The HIFU procedure was done on October 21<sup>st</sup>, 2005, at the Don Mills Surgical Unit in the early afternoon under spinal anesthetic and I recovered after a successful treatment by the HIFU Team.

I was discharged in that late afternoon with a Foley Catheter installed. I was given antibiotics in case of an infection. The Catheter was removed after 6 days and I had a successful clearing of fluids. However, I felt the removal of the Catheter would have been better with an extra 2 days.

In general the Treatment was well done and received. I was able to do my daily tasks and business schedules.

The recommended every 3 months PSA tests are done and the values are .16 and .24 and I wish that all men get Annual PSA Tests to be able to detect Prostate Cancer in the early Stage.

Thank you.